

Beef Cobbler

Servings: 6

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Ingredients

Stew

3 tbsp Extra Virgin Olive Oil (or butter)*, plus a little more

3 tbsp of All Purpose Flour

2 lbs Beef chuck, cut into cubes

1 bag of frozen Pearl onions

2 large Carrots, diced

1 Celery rib, diced

1 dried Bay leaf

1-2 Garlic cloves, minced

2 Tbsp of Tomato paste

1 - 32 oz carton of Beef Broth, low sodium

1 cup of Red Wine, whatever you have on hand

4 oz of sliced mushrooms

Salt & Pepper to taste

2 tbsp arrowroot powder or cornstarch

4 tbsp of stew cooking liquid

Scone Topping

1 cup of All Purpose Flour, plus more for dusting

1 1/2 tsp of baking powder

1/2 tsp of salt

2 garlic clove, minced

3 tbsp of very cold butter or solid coconut oil*

6 tbsps of any milk*

Directions

Preheat your oven to 350 F. For the stew, start by heating the oil on a heavy bottom pot, preferably something with a lid, to a medium high temperature. While you wait, mix the flour on a plate with salt and pepper to taste. Take your beef and roll it in the flour. This will give the beef a nice crust. Once the oil is ready, you will want to add only couple of beef cubes at a time. Just to brown for about 3 minutes. You will want to do that with all in a couple of batches. Once the meat is browned, you can set it aside on a plate.

Next, add more oil if the pot looks to dry and then add your onions, carrots, celery, mushrooms, bay leaf, and any remaining flour from the beef. Brown the vegetables for about 5 minutes. Add your garlic and tomato paste and let it cook for only a minute. Immediately add your beef broth and wine. Let it reduce for about 5 minutes. Add your salt and pepper to taste and cover it and put it in the oven for two hours.

While you wait, you can start making your scones. Put in all of your dry ingredients in a large bowl. Mix well. Add in your butter or coconut oil and cut it into the flour until it looks like little pebbles, you can use pastry cutter or forks. Add the milk and knead two or three more times until it just comes together. Dust some flour on a clean surface and roll out the dough to be about 1/2 inch thick. Cut out the scones with a 3 inch circle cutter and you should get about 6 to 8 scones. Put them in the fridge while you wait for the stew to finish cooking.

Once the stew comes out of the oven, remove the lid and take out bayleaf, and increase the oven temperature to 425 F. Scoop out about a cup of cooking liquid from the pot. Use 1/2 cup of the liquid and add the arrowroot powder and make a slurry. Add the slurry to the pot and stir. Add your scones to the top of your stew. You can brush the top of the scones with butter. Place the pot back into the oven for 15 minutes. Once the stew comes out of the oven, you can serve as soon as it's not too hot.

Notes: In the recipe I made I used extra virgin olive oil. Additionally, I used coconut oil that I let sit in my fridge for 10 minutes, you can also use Earth Balance vegan butter sticks for the scones or real butter. I also used plain almond milk for my scones.

